Spinach Dip

Grocery List

* 1/2 C Sour Cream
* 1 ¼ C Light Cream Cheese
* 2 Tbsp Mayonnaise
* 3 Tbsp Whipping Cream
* ½ C Shredded Mozzarella
* ¼ C Shredded Marble
* 100g Fresh baby Spinach – stems trimmed
* ½ Red Onion, diced small
* 3 Green Onions, white and light green parts only
* 3 cloves Garlic, minced
* Salt, Cracked Pepper
* Fresh Basil Leaf, roughly chopped
* Olive Oil
* ¼ Roma Tomato, seeded and diced small
* Fresh Parsley

Prep Time: 12 Min

Cook Time: 30 Min



1. In a medium sauce pan, heat a few tbsp. of olive oil on medium. Add in the diced onion and a pinch of sea salt and fry for about 5 minutes.
2. Add in the minced garlic and green onions, stir and add another pinch of salt. Cook for another 3 or 4 minutes.
3. Add in the spinach and basil and cover for about a minute or two (until the spinach is partly wilted)
4. Add in the cream cheese, whipping cream, mayo, and sour cream. Stir everything together and continue cooking until the cream cheese is melted and all ingredients are combined.
5. Stir in half the shredded mozz and shredded marble cheeses, another pinch or two of sea salt, and a few cracks of black pepper and stir until cheese is fully melted.
6. Preheat Oven to 425 F.
7. Remove dip from heat and pour into 2 16oz Baking Dishes. (You may also use 1 24oz baking dish and have it full right to the top) Put in oven and BAKE FOR 20 MINUTES.
8. Remove and garnish with diced tomato and chopped fresh parsley. Serve with Freshly Baked Soft Pretzels. (If you are baking the pretzels, put them in when there is 5 minutes left of the cooking time for the dip)